



## Do something

# Indoor workout 5

Aim to get through the four exercises in three minutes then take a minute of rest. Complete the circuit five times.



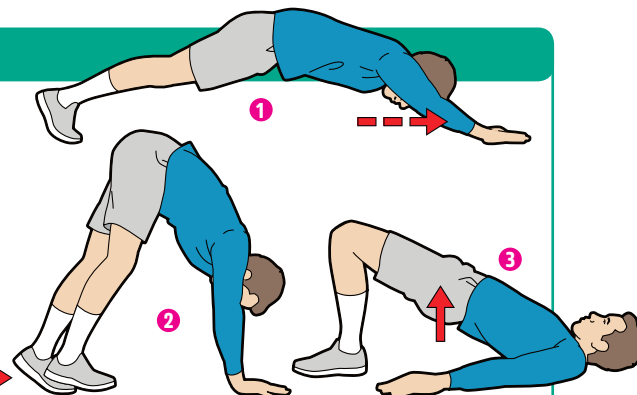
Stay active at home with this simple workout.

This indoor workout – from experts Chris and Tristan from Mint Coaching ([mintcoaching.fit](http://mintcoaching.fit)) gives you a minute of rest after every three minutes of exercise. If you complete the exercises before three minutes are up, restart the circuit and keep going until the three minutes is over, then have a rest.

**WOW!**  
Crabs are “decapods”, which means they have 10 legs.

### Warm-up

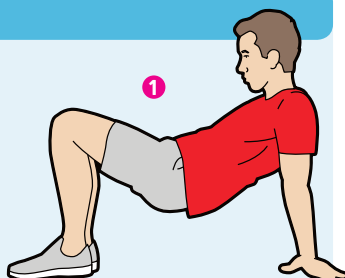
Start with inch worms. **1** Reach down to the floor with both hands and walk them away from you as far as you can. **2** Tip-toe your feet in towards your hands. Try to keep your legs as straight as possible. Do this five times to complete a set. **3** Next, do hip thrusters. Lie on your back with your knees bent and feet flat on the floor. Push your hips towards the ceiling, pause for one second, and squeeze your glutes (bum muscles) during the whole movement. Do this 10 times for a set. Alternate between these two exercises until you have completed three sets of each.



### Crab walks

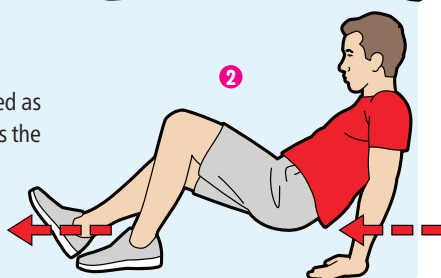
#### What to do

Sit on the floor with your hands behind you, knees bent and feet flat. **1** Lift your bum off the floor. **2** Take small steps forward with your hands and feet. Take 20 steps.

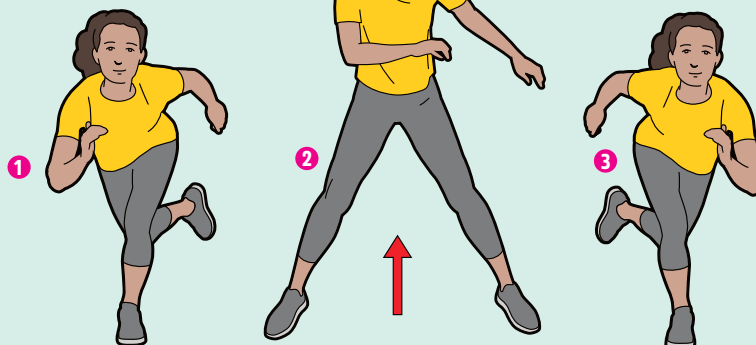


#### What it does

Keeping your hips lifted as high as possible works the muscles in your back and triceps (the muscle at the back of your upper arms).



### Skaters



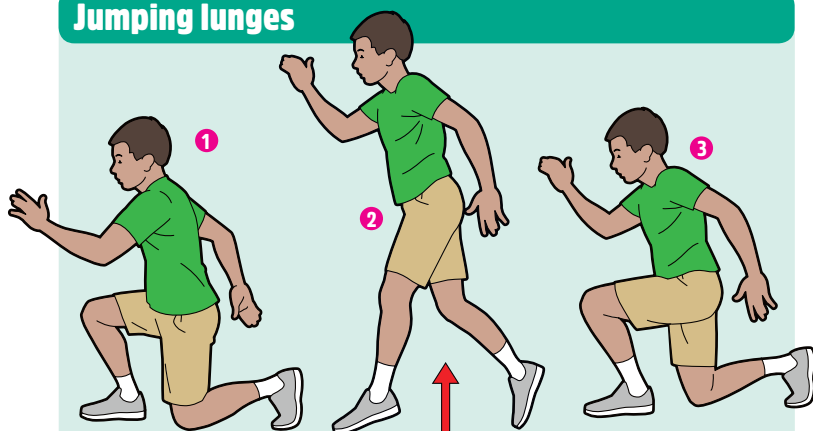
#### What to do

**1** For these moves, start on one leg. **2** Hop sideways to the opposite leg. **3** Then hop back again. Keep the hop direction low and wide by bending the knee. Complete 20 hops.

#### What it does

This skating-style movement targets the muscles you use for running and jumping. It improves your single-leg balance, too.

### Jumping lunges



#### What to do

**1** Start in a single-leg kneeling position with your front knee directly over your toes. **2** Push off both front and back legs to launch yourself upwards. Switch legs in the air. **3** You should gently land in the single leg kneeling position with the opposite leg in front. Complete 20 lunges.

#### What it does

The higher in the air you jump the more you'll get from this exercise. It works your glutes and thighs and is a great one to increase your leg power.

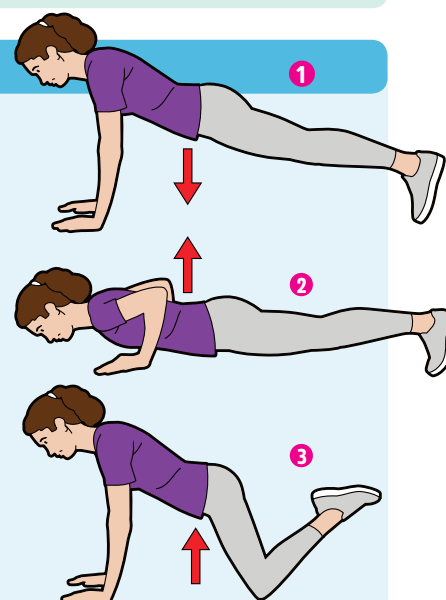
### Press-ups

#### What to do

**1** Get in a press-up position, ensuring your hands are directly underneath your shoulders. Lower your body to the ground by bending your arms, aiming to keep your elbows close to your body the whole time. **2** Touch the floor with your chest and push all the way back up. Do five of these. **3** If you find these too tough, have your knees on the floor during the exercise rather than having your legs straight.

#### What it does

This movement works the chest, front of the shoulders, the back of the upper arms and the core. It's a great all-round upper-body movement.



Did you enjoy these? We'd love to see pictures of you trying them. Send them to [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)